

Benefits of dietary fiber research paper samples

[Health & Medicine](#), [Obesity](#)



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Introduction

Evidently, the recent past has experienced a significant rise in lifestyle diseases, which can be managed adequately by adapting good dietary habits. Worth noting is the fact that dietary fiber plays a crucial role in managing these life style diseases. Speaking of dietary fiber this connotes to bulk or roughage in plant based foods, which cannot be digested or absorbed by the body. As such, fiber in food passes through various parts of the digestive system without undergoing any form of digestion (Abreu et al. 388).

Worth noting is the fact that there exists two classes of fiber; soluble and insoluble fiber (Adams & Carter 308). Notably, soluble fiber connotes to fiber that is capable of dissolving in water. It is often found in different foods including legumes, barley, apples, citrus fruits, peas, oats, and psyllium. On the other hand, insoluble fiber as the name suggests does not dissolve in water and is available in various vegetables such as potatoes and cauliflower. There exists a number of ways in which dietary fiber is beneficial to the human body.

Discussion

More importantly, dietary fiber is beneficial because it offers a viable platform in which the human body can regulate the levels of sugar in blood. As such, it is significantly beneficial to people diagnosed with diabetes. Many at times, fiber, particularly soluble fiber reduces the rate at which sugar is absorbed into the blood stream. Therefore, the presence of soluble fiber in the diet allows the body to regulate its sugar levels (Apeke et al. 665).

Deductively, adequate improvement of blood sugar levels can be attained by consuming foods rich in soluble fiber. On another note, insoluble fiber has been found to be significant in the management of type 2 diabetes. From this analysis, fiber has and continues to assist in the management of diabetes, which occurs as one of the non communicable diseases whose prevalence has increased.

Another benefit derived from the consumption of fiber rich diets lowered blood cholesterol. Fiber in the diet aids in lowering blood cholesterol, which has adverse effects on the body as it precipitates the occurrence of high risk conditions such as cardiovascular disease and high blood pressure (Abreu et al. 390). Fiber aids in the reduction of cholesterol by increasing the levels of good lipoproteins and lowering the levels of bad lipoproteins. Speaking of good lipoproteins this refers to lipoproteins that transport cholesterol from the blood stream to the liver where they are emulsified. The good lipoproteins are often referred to as High Density Lipoproteins. On the contrary, bad cholesterol that is also referred to as Low Density Lipoproteins transport cholesterol from the liver to other body parts. As such the Low Density Lipoproteins increases the availability of cholesterol in the blood

stream, which is dangerous to the body. Deductively, fiber is beneficial because it facilitates a reduction in the blood cholesterol levels.

In addition, fiber is of immense benefit because it plays a crucial role in enhancing weight management. Worth noting is the fact the recent past has experienced a significant rise in the rates of weight related issues such as overweight and obesity amongst the populations. Even so, consumption of fiber offers a viable platform in which people found to be obese and overweigh can manage their weights. This is feasible based on the fact that consumption of high fiber diets minimizes the occurrence of overeating, which is the main factor that precipitates the occurrence of overweight and obesity. Precisely, the process of chewing high fiber diets takes a long time. This gives the human body an ample time to register when it is satisfied. This reduces overconsumption of food. Similarly, high fiber diets make one feel full for a long time. This reduces the chances of eating more than the recommended amounts (Adams & Carter 310). This analysis depicts the manner in which fiber is beneficial as it enhances weight management. On another note, fiber is beneficial because helps in maintaining the health of the bowel. This is because the consumption of high fiber diets reduces the chances that one would develop certain bowel condition such as hemorrhoids, and diverticular disease (Apeke et al. 670). In addition, the colon occurs as an important part of the bowel. As such, its function in enhancing digestion is often enhanced by the presence of certain beneficial bacteria. Fiber is at times fermented in the colon; and such fermentation enhances the normal function of the colon. This also reduces the occurrence of different colon diseases.

Finally, fiber is beneficial because it is normalizing bowel movements. This is because dietary fiber softens and increases the size of the stool. Notably, soft and bulky stools are easily excreted. This limits the occurrence of constipation. In cases of abnormal bowel movements such as during the occurrence of diarrhea, fiber comes in handy in that it helps in making the stool more solid, which enhances absorption of water in the loose stools (Abreu et al. 390). This will help managing the diarrhea.

Conclusion

Work Cited

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